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a. Immigration and  
Colonization, Dept. of.

Government  
Publications

# *The Houseworker in Canada*

*Opportunities for Success  
Work and Wages  
Where to Go  
and  
What to Take*

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JUN 7 1928

Issued by direction of  
HONOURABLE ROBERT FORKE  
MINISTER OF IMMIGRATION AND COLONIZATION  
OTTAWA - CANADA  
1928

# *Important*

The purpose of this pamphlet is to give such reliable information and advice as British women will want in deciding on migration to Canada.

The Canadian Department of Immigration and Colonization encourages the migration of women for household work and men for agricultural employment. The opportunities in Canada are greatest for these classes.

All others should get definite assurance of employment in Canada before leaving home and should have enough money to support themselves for a time in case of disappointment.

The best time to go to Canada is between the beginning of April and the end of August, but household workers may proceed at any time.

Any person desiring further information or advice on any matter connected with settlement in Canada, is invited to write to their nearest Canadian Government Emigration Agent (see list on the back cover).

If you have any friends who would like a copy of this pamphlet, send their names and addresses to:—

Director of European Emigration for Canada,  
Canadian Building,  
Trafalgar Square,  
London, S.W. 1.

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*Printed and made in Canada.*

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# *Canada, a Land of Opportunity*

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The Dominion of Canada is the largest member of the sisterhood of nations which constitute the British Empire. It is the nearest to the British Isles of any of the Overseas British Dominions—about a week's journey from London to Montreal, Ottawa or Toronto.

Canada has an area of 3,674,746 square miles. It extends in length from the Province of Nova Scotia flanking the Atlantic Ocean in the East, to British Columbia on the Pacific Ocean in the West, a distance of about 4,000 miles. In width it stretches from the United States boundary line in the South to the Arctic Ocean in the North, a span of over 1,600 miles.

Canada is a Federal union of nine provinces and two territories. These provinces, beginning in the east, with their capital cities in brackets, and the two territories, are as follows:—Prince Edward Island (Charlottetown); Nova Scotia (Halifax); New Brunswick (St. John); Quebec (Quebec); Ontario (Toronto); Manitoba (Winnipeg); Saskatchewan (Regina); Alberta (Edmonton); British Columbia (Victoria); Yukon Territory and the Northwest Territories.

Canada is situated mainly in the North Temperate Zone in the latitudes in which the people of the British Isles have been



born and brought up and the climate is one particularly suited to the white race. The southern latitudes of Canada are in the same latitude as Rome.

The climate of Canada varies in different provinces and districts. Winter everywhere except on the Pacific Coast of British Columbia, is colder than in the Old Country. There is more snow but there is also much more sunshine, and with proper clothing the winter of Canada is thoroughly enjoyable especially with its opportunities for skating, ski-ing, and sleigh riding and other winter sports. Spring, summer and autumn are usually delightful seasons. The Canadian climate the year round produces hardy, healthy, happy men and women.

The people of Canada welcome you to the Dominion. Canada is a land of many opportunities. You are invited to share in these opportunities. To a large extent the measure of success you will attain will depend on yourself. You may meet with discouragement and disappointment from time to time. These experiences are common to life in every country, but if you have a capacity for work and a determination to succeed, you will find, as hundreds of thousands of other Britishers who have come to Canada have found, that the Dominion offers to you advantages and opportunities perhaps greater than any other country. It is, indeed, the New Homeland.

### **Demand for Houseworkers.**

In the Dominion of Canada there are many opportunities for employment, and advancement for women. There is a steady demand for houseworkers in both city and country,

and any woman wishing to go to Canada is urged to consider this branch of employment.

The houseworker most in demand is the trained cook-general. Any girl who has a reasonable knowledge of cooking, and is willing and able to take a situation as a cook-general can secure one in almost any part of Canada. Women without experience in housework who intend to go to Canada are advised to take some training in cooking before they sail. They will find that they are much more independent if they have a knowledge of cooking, as there are plenty of situations for that class of worker. Also, if they intend to have homes of their own in Canada, it will be necessary for them to know how to cook.

Liberal and even generous wages are paid to all in return for efficient and acceptable service. In the larger centres of Canada there is also a demand for cooks, housemaids, parlourmaids, mother's help, and kitchen help, but the greatest demand is for the thoroughly experienced cook-general. Women, however, who are willing to learn, and who will take lower wages on arrival, can be placed in situations where they will receive a certain amount of training in housework from the employer.

Canadian women are in most cases excellent housekeepers themselves, and, provided the houseworker shows herself adaptable to Canadian ways and willing to do a reasonable day's work for a day's pay, she is likely to find herself very happy in her new home.

### **Housework in the City Home.**

Housework is generally easier in the city house in Canada than in Britain. The

houses are usually warmed by a central heating system, which does away with a large number of fires. Various kinds of household conveniences are in use. In many city homes most of the washing is done by an electric washing machine, or by an extra woman, who comes one day a week. In the country homes there is usually a washing machine, which does the work quickly and is easy to manage. The first thing a British woman finds different in Canada is the kitchen stove or range. In the cities hard or soft coal, wood, gas and electricity are used, and in the country either coal, wood, or oil. The newly-arrived houseworker should at the very first opportunity, preferably at the Canadian Women's Hostel, learn to handle properly a stove or range.

In city employment the houseworker in most homes is required to wear a uniform and occupy servants' quarters. In the majority of cases the girl assists in all departments of household work; cooking, washing, upstairs and parlour work; and has a separate room for herself. The hours of duty in the city homes, of course, vary with the size of the home, the number in the family and other conditions, but as a general rule girls have an afternoon each week as a half day's holiday, certain evenings off and a minimum of duty on Sunday.

### **In the Country Home.**

While there is a great demand for houseworkers in the cities, there is an equal or greater need in the country, particularly during the summer. The country household rises earlier than the city one; there are not so many conveniences in the homes, nor all

the attractions that the city offers, but there are other advantages to be considered. The life is more healthful; although wages may be lower it is easier to save money, and there is much greater social opportunity, as, the houseworker is usually treated as one of the family and is also able to mingle with other girls in the district on the same footing.

It makes a great difference when work is shared between mistress and maid, as it usually is on the farms, and girls who like country life may be assured that, if they are prepared to give good service, they will receive consideration in every way, as far as both comfort and pleasure are concerned.

### **Hours of Duty.**

A girl must work conscientiously if she hopes to succeed in Canada. In the cities breakfast is usually between 8 and 9 o'clock lunch between 12.30 and 2, and dinner between 6.30 and 8. In many cases after the dinner dishes are washed and the kitchen cleared the girl is free to go out if she so desires. In country homes the day's work usually begins earlier and while the weekly half holiday may not be so regular, there are other compensations in the way of social and family life.

### **Demand for Houseworkers in Various Provinces of Canada.**

It is difficult to quote a range of wages for the various provinces and for city and country positions. The highest wages are paid to those with the best qualifications. The wages quoted in this booklet are those usually paid for experienced help. New-comers should not expect the highest rate of



wages until they have become accustomed to Canadian ways, the use of the telephone, coal, gas or electric stoves or ranges, and other conditions which in Canada differ from those of the Mother Country.

It cannot be too strongly emphasized that intelligent and efficient service is always appreciated and very generally rewarded. The best equipped houseworkers will get the best wages. While housework in Canada will differ somewhat from the same work at Home the newcomer is advised that the surest road to success is to adapt herself to Canadian conditions and to acquire as quickly as possible the skill required in her new surroundings.

### MARITIME PROVINCES.

In Nova Scotia, New Brunswick and Prince Edward Island, being the three provinces lying nearest the Mother Country, the principal demand is for the experienced cook-general or general houseworker. Most employers keep but one maid and therefore want help able to do cooking as well as the other work of the house. Wages run from \$18 (£3.12) to \$35 (£7) per month for a cook-general. There is a smaller demand for the house parlour maid and waitress with a maximum wage of approximately \$25 (£5). Unless girls are willing to take situations as cooks-general they should secure definite situations or information about situations before sailing.

### QUEBEC.

In the Province of Quebec there is a demand in the small towns and rural districts for the cook-general or general servant with a wage ranging from \$15 (£3) to \$25 (£5) per month.

In Quebec city and in Montreal—particularly in the latter—there is always a demand for experienced workers in various branches of housework. Wages for the experienced woman worker are substantially as follows (inexperienced girls must expect to start at the lowest wage named):—

Cooks.....	\$20 (£4) to \$50 (£10)
Cooks-general.....	\$20 (£4) to \$45 (£9)
House-parlour maids...	\$20 (£4) to \$35 (£7)
Children's nurse and nurse-maids.....	\$15 (£3) to \$30 (£6)

It must be remembered that the greatest demand in Montreal as elsewhere is for the thoroughly experienced cook-general.

## ONTARIO.

The Province of Ontario has the largest population of any province in the Dominion and Ontario absorbs annually more house-workers than any other province. There is a demand both in city and country districts. In the more sparsely settled districts of Northern Ontario only the cook-general or general worker is in demand and the wages there range from about \$15 (£3) to \$25 (£5). In the Southern, Central and Eastern parts of the province workers are wanted both in the small towns and on the farms with varying wages ranging from \$15 (£3) to \$30 (£6) per month and in a few cases more. In such cities as Toronto, Hamilton, Ottawa and London there is a strong demand and experienced girls can always be placed at good wages. The following scale is inserted merely to indicate the general range, and again

emphasis must be laid on the fact that it is the girl with the most experience that will receive the higher wage.

Cooks.....	\$30 (£6) to \$50 (£10)
Cooks-general.....	\$25 (£5) to \$45 (£9)
House-maids.....	\$20 (£4) to \$30 (£6)
Parlour-maids.....	\$20 (£4) to \$35 (£7)
Children's nurse and nurse maids.....	\$15 (£3) to \$30 (£6)
Mother's help.....	\$15 (£3) to \$25 (£5)

## MANITOBA, SASKATCHEWAN AND ALBERTA.

In Manitoba, Saskatchewan and Alberta which are commonly called the Prairie Provinces there is a demand both in city and country homes. During the spring and summer months several hundred girls can be placed each year in good farm homes. In the cities the demand remains more constant the year through. The principal demand here, as elsewhere, is for the cook-general or general maid, and the wages in rural homes range from \$18 (£3.12) to \$30 (£6), and in city homes from \$20 (£4) to \$35 (£7).

## BRITISH COLUMBIA.

The province of British Columbia often appeals strongly to the house-worker from the British Isles on account of similarity of climate to that of the Mother Country. In this province the demand is very largely confined to the thoroughly experienced cook-general. The inexperienced girl will find it more difficult to obtain housework in this

province than in other provinces of the Dominion. This is due to some extent to the fact that in British Columbia male oriental labour is frequently employed in housework. The wage for cook-general runs from \$20 (£4) to \$40 (£8) according to experience.

### **Passage Assistance.**

Single women going to Canada to engage in housework may obtain passage assistance under the Empire Settlement Scheme to which the British Government, the Canadian Government and the Steamship Companies contribute. The present third class ocean rate for approved classes is £2 and each house-worker must find that amount, but if she requires a loan of the balance of the fare to her destination in Canada she may apply for the same to any Canadian Government Emigration Agency shown on the back cover of this booklet.

The following is a schedule of the Empire Settlement rates to principal points in Canada:—

Quebec, Halifax, St. John.....	£2
Montreal.....	£3
Toronto.....	£3.10
Winnipeg.....	£4.10
Regina or Saskatoon.....	£5
Calgary or Edmonton.....	£5.10
Vancouver.....	£8

Application for the Empire Settlement rate may be made to the nearest shipping agent or to any Canadian Government Emigration Agent who will be glad to send the application forms and to answer any



questions or give without charge and without obligation information on any point touching passage to or settlement in Canada for either women or men.

## **Emigration Forms and Regulations.**

Canada welcomes men and women of the right type who come to seek a future in the new land, but Canada considers that she owes it not only to herself but to the new settlers, that none but the best types should be accepted. For this reason there are certain regulations to be complied with, but these offer no difficulty whatever to those in good health and of good character.

## **Medical Examination.**

In order that intending migrants shall not sell up their homes or leave their employment before being sure that they can qualify for Canada, the Canadian Government have provided a free medical inspection by Canadian doctors now resident in the British Isles. All persons regardless of class of travel, whether receiving passage assistance or otherwise, who are going to Canada to reside must be medically examined before sailing. It is not necessary to go to the port of embarkation to be examined as Canadian doctors visit periodically many inland centres. A medical certificate issued by one of these doctors is valid for four months from the date of issue and the examination is absolutely free of charge. Any Canadian Government Emigration Agent or any Steamship Booking Agent will give full information as to places and dates for medical examination.

The Canadian Department of Immigration and Colonization desires intending migrants to recognize that the only regulations in existence are those which experience has shown to be necessary, and that these regulations are not intended to occasion difficulty or embarrassment for the new settler, the object being rather to ensure the high standard of fitness necessary alike for the migrant and for Canada.

Persons going to Canada belong to one or other of two general classes which the Canadian Immigration Act designates as immigrants and non-immigrants but which the Department usually designates settlers and non-immigrants. A settler is a person going to Canada to reside; the class of travel or occupation makes no difference. The non-immigrant is a person who is returning to Canada after a visit abroad or who is going to Canada on a visit or for some other temporary purpose. Non-immigrants are not called upon to be medically examined before sailing but they must be mentally sound and free from any communicable disease.

### **Women Officers and Conductresses.**

Attached to the office of the Director of Emigration for Canada in London (Canadian Building, Trafalgar Square, S.W. 1) and to Canadian Emigration Agencies at Liverpool, Glasgow and Belfast are Woman Officers appointed for the purpose of assisting women workers. Any of these Officers will be glad to give by correspondence or interview any information desired.

On the steamships to Canada there are Conductresses who are ship's Officers employed by the Steamship Companies to look

after the interests of unaccompanied women. All women unaccompanied by members of their own families should make a point to get acquainted with the Steamship Conductress who can be applied to for assistance in any difficulty and may be relied upon for advice and help.

In Canada an Immigration Woman Officer is stationed at the port of arrival and government Conductresses travel with parties of unaccompanied women to look after their welfare between the port of arrival and certain inland centres. In cases where Conductress does not go all the way she sends telegrams where necessary arranging for women travellers to be met en route or at their journey's end.

### **The Trip—What to Take.**

Much trouble will be avoided by putting personal effects and clothing not actually required for use on the voyage in boxes or trunks labelled "Not Wanted on Voyage." These boxes should be plainly addressed with the name and Canadian destination. Articles put in a box or bag labelled "Wanted on Voyage" should be limited to actual necessities. Tin trunks are about the worst things to use because they are easily bent and the locks are thus put out of order. The iron-bound or basket trunk is much better, not being easily broken, and is also lighter to carry. A strong hamper covered with coarse canvas is not expensive and is most durable. Women should not burden themselves with too much luggage but should take the most serviceable things that occupy the least space. It is advisable to pack articles which cannot be placed in an ordinary trunk in

plain deal cases fitted with padlock and key, and screwed (not nailed) down to facilitate opening for inspection by the Canadian Customs officers.

### **Luggage Carried Free.**

ON BRITISH RAILWAYS 112 pounds weight of luggage is carried free. The weight of the piece is limited to 112 pounds. THE LUGGAGE ALLOWANCE ON THE STEAMSHIPS is as follows:—Each first, second or one-cabin passenger is allowed 20 cubic feet, and each third-class passenger 15 cubic feet. Excess space is charged at the rate of 2/6 per cubic foot. ON CANADIAN RAILWAYS, 300 pounds weight of luggage is allowed free to each adult immigrant travelling tourist or colonist class to all points in Manitoba, Saskatchewan, Alberta, and British Columbia, and 150 pounds weight for each child under 12 years of age. To all points in the other provinces—that is east of Manitoba—only 150 pounds weight of luggage is allowed free for each adult irrespective of the class of ticket held, and half that weight for each child under 12 years of age. In Canada the weight of any piece of luggage is limited to 250 pounds. Excess in weight is charged according to distance.

“Not Wanted” luggage can be sent on as advance luggage by passenger train and delivered at the steamer at the port where the passenger will embark for Canada, at a small fee paid in advance, thus saving all trouble to the passenger. Luggage labels are supplied by the steamship agent with whom the passage is booked.



## **Settlers' Effects, Duty Free, include:—**

Wearing apparel, household furniture, books, implements and tools of trade, occupation or employment; guns, musical instruments, domestic sewing machines, typewriters bicycles, carts, and other vehicles; books, pictures, family plate or furniture; personal effects and heirlooms left by bequest; provided that any dutiable articles entered as settler's effects may not be so entered unless brought with the settler on his first arrival and shall not be sold or otherwise disposed of without payment of duty until after twelve months' actual use in Canada.

## **Suitable Clothing.**

Provide warm clothing, as cold weather may be met with on the ocean voyage, even in the summer months. A thick serge dress is always useful, also a heavy jacket. Warm underclothing, woollen stockings, lined gloves, and a heavy overcoat are always useful, but it is unnecessary to provide a large stock of clothing, because clothing of all kinds suitable to every season of the year can be obtained in Canada. Before leaving the steamer in the summer time put on light clothing and underwear for travelling on land. It is likely to be warm on the train. In winter the railway carriages are kept comfortably warm.

It is advisable for young women who are coming out to take situations as houseworkers to bring aprons and dresses suitable to work in. Heavy underwear is not worn in houses in the cities, as there is central heating. It is advisable for a girl to come out equipped so as to save her from an immediate outlay on arrival.

## Money and Exchange.

The British pound sterling or sovereign is ordinarily worth \$4.86. In recent years this value has changed somewhat with the fluctuations of exchange. Under these conditions it is impossible to quote an exact value in Canadian currency for British currency. It will help in calculating values to remember that the shilling is approximately equal to twenty-five cents which is the corresponding Canadian coin, in Canada commonly called a quarter. Four shillings is about the equivalent of one Canadian dollar and the pound is approximately of the same value as five Canadian dollars.

## Advice to Travellers.

If you require advice or help in any matter speak to one or other of the following:—

- (a) On board ship:

The Steamship Conductress.

- (b) At Canadian port of arrival:

A Canadian Immigration Woman Officer or any Canadian Immigration Officer in uniform.

Any Chaplain or any Travellers' Aid, Young Women's Christian Association, Catholic Women's League, Sisters of Service, or Salvation Army worker.

- (c) On train and after arrival at destination:

The Government Conductress.

The train conductor.

Railway station agent.

Representatives of Women's Hostels (wearing badge of Canadian Women's Hostel, namely, armlet of purple with gold lettering thereon).

Travellers' Aid representative, or any policeman in uniform.

Young women coming to a new country where travelling conditions are strange, should be most careful—

- (a) Not to form friendships or exchange confidences with strangers met on the journey, regardless of whether these strangers are men or women;
- (b) Not to leave a boat or train with a stranger and not to enter a house, hotel or place of amusement on the invitation of a stranger;
- (c) Not to take a situation secured through a newspaper advertisement without first consulting the Superintendent of the Canadian Women's Hostels or the Employment Service of Canada. They are always ready to find employment and to give reliable advice.

### **Advice About Arriving in Canada.**

After the ship arrives at the Canadian port all luggage will be placed in the dock-shed under the initial of the family name of the migrant. After you have passed the immigration inspection and secured your railway ticket you will go to the dock-shed and claim your luggage which will be found under the initial of your family name. Have your railway ticket at hand as this must be presented to the railway officer on duty in the dock-shed who will check your luggage to destination. In Canada luggage is usually called baggage.

When your luggage is checked you will be given a numbered cardboard check or receipt which you should be careful to keep as it must be presented at the luggage office at

your Canadian destination, where you must claim your belongings. You will not need to trouble about your luggage after having it checked. The railway officials will place it in the baggage car or van and transfer it where changing trains. It should reach the destination marked on your rail ticket at or about the same time as you do.

### **Meals En Route in Canada.**

You will notice from the travel schedule on page 23 that you will be a considerable time on the train reaching almost any point in Canada. You may obtain food for or during the journey in three ways:—

1. By eating at station restaurants. The train stops for fifteen or twenty minutes at divisional points. There are station restaurants at these and a hurried lunch with a hot drink can be obtained.

2. By taking your meals in the dining-car which is attached to nearly all long journey trains. While this is a very comfortable way of eating on the journey it will be found much more expensive than the other ways mentioned.

3. By purchasing lunch baskets in the Immigration building at port of arrival. These baskets contain good food and are sold at government controlled prices. The Woman Immigration Officer on duty in the Immigration Building will be glad to give you information about this. You will find this much cheaper than any other plan and you should be careful to get provisions before leaving the Immigration building. If you provide yourself with a small teapot you will be able to make your own tea on the train as a cooking stove is provided in the colonist cars for the use of travellers.



To make travelling comfortable provide yourself with a small metal teapot, cup and saucer, spoon, knife, tin opener, small pillow, rug, soap and towel. When travelling in the colonist car the pillow and rug are most necessary. Seats in the colonist car can be arranged to make a fairly comfortable bed but travellers must provide their own pillows and rugs. In this way a journey of several days can be made in comparative comfort.

### **Hostels.**

A system of Canadian Women's Hostels is maintained at various centres throughout Canada as will be seen from the list hereunder. These hostels are run under local management and receive support from the Dominion Government and in most cases from Provincial Governments as well. The hostels are provided mainly for the accommodation of houseworkers from the Mother Country. Any woman migrant may, however, use the hostels and will find in them moderately priced accommodation or if that is not available the woman migrant will have recommended to her by the hostels suitable and safe accommodation elsewhere.

The Dominion Government has arranged that houseworkers shall be given immediately on their arrival a limited amount of free accommodation in these hostels. In the provinces east of Manitoba, free accommodation is given for twenty-four hours except where a holiday intervenes, when a longer period is given. In the hostels in Manitoba, Saskatchewan, Alberta and British Columbia, free accommodation is given for forty-eight hours. The object of this is to ensure the houseworker a little rest after reaching her journey's end before she is placed in employment.

Hostels are notified by telegram of the arrival of houseworkers and girls are usually met at the depot by a representative of the hostel. These hostels are not only useful when the houseworker arrives but are always a safe centre to which she may return at any time if changing her situation. The hostel is also an excellent social centre where girls meet from time to time on their afternoons or evenings off. Hostels are located at:—

HALIFAX, N.S.—	163 Young Avenue.
ST. JOHN, N.B.—	105 Princes Street.
MONTREAL, P.Q.—	31 Drummond Street, corner of Dorches- ter.
TORONTO, ONT.—	72 Carlton Street.
WINNIPEG, MAN.—	130 Austin Street.
REGINA, SASK.—	1839 Lorne Street.
CALGARY, ALTA.—	120 4th Avenue, West.
VANCOUVER, B.C.—	The Y.W.C.A. at 997 Dunsmuir Street is acting as a Can- adian Women's Hostel.

The Department of Immigration and Colonization has made arrangements to give at the following mentioned addresses the same free accommodation as is given to houseworkers in the Canadian Women's Hostels:—

**Nova Scotia—**

Halifax—Sisters of Service, 42 Morris Street.

**New Brunswick—**

St. John—Rosary Hall, 100 Cobourg Street.

**Quebec—**

Montreal—Catholic Women's League.  
Hostel, 450 Lagauchetiere Street West,  
Montreal.



*Typical Canadian Women's Hostels*

*1. Halifax*

*3. Winnipeg*

*2. Toronto*

*4. Regina*

## **Ontario—**

### **Ottawa—**

Rosary Hall, 478 Albert Street.

Young Women's Christian Association,  
133 Metcalfe Street.

King's Daughters' Guild, 219 Laurier  
Avenue West.

Toronto—Catholic Women's League,  
Hostel, 4 Wellesley Place.

Hamilton—Young Women's Christian  
Association, 17 Main Street West.

London—Young Women's Christian Associ-  
ation, 187 King Street.

## **Alberta—**

### **Edmonton—**

Rosary Hall, 9947-104th Street.

Young Women's Christian Association,  
10032-103rd Street.

## **British Columbia—**

Kelowna—Joyce Hostel, Strathcona Av-  
enue.

Victoria—Young Women's Christian As-  
sociation, 745 Yates Street.

In some of the Hostels mentioned above the newcomer will receive information on Canadian methods of household work. Instructions can also be secured at technical and other schools. It is strongly urged that all girls should learn how to cook. It will add much to their happiness as well as to their usefulness and earning power in a new country.

## **Social Opportunities.**

As soon as the newly arrived woman is satisfactorily placed in employment in co-operation between the Hostel and the Dominion Government Employment Bureau every effort will be made to see that she has opportunity to make the right kind of



friends. The clergyman of her particular church will be notified of her address and she will be given the names of young women's clubs connected with different churches, the Young Women's Christian Association and the Catholic Women's League, in which she will be made very welcome. When a girl leaves the city for a smaller town or a country district, she should apply to the superintendent of the Hostel for the name of a reliable woman to whom she may apply for assistance or direction. When possible, girls are urged to secure situations through the Government Employment Bureaux, as these bureaux usually know a good deal about the employers in their locality, and can also give the girl valuable advice. Even if a girl does answer an advertisement in the newspaper, it is always wise to consult the employment bureau before accepting the situation.

### **To Whom to Write if in any Difficulty.**

The Supervisor of the Women's Branch, Department of Immigration and Colonization, Ottawa, Ont.

The Principal Woman Officer at the Canadian Port of Arrival.

The Matron of the Canadian Woman's Hostel where the houseworker stayed.

To any of the following Immigration Officials:—

Dominion Immigration Agent at—

Halifax, N.S.

St. John, N.B.

Quebec, P.Q.

Montreal, P.Q.

Toronto, Ont.

Commissioner of Immigration—

Winnipeg, Man.

Vancouver, B.C.

## DISTANCES IN CANADA

The following is the approximate time spent in actual travelling between the points mentioned but special trains on which newcomers are frequently moved, are sometimes delayed, and it is unwise to conclude that you will always arrive at your destination in the time set out in the following schedule. The term "day" as used in this schedule means 24 hours:—

- To Montreal*—From Quebec, 5 hours.  
From St. John, N.B., 18 hours.  
From Halifax, N.S., 1 day, 2 hours.
- To Ottawa*—From Quebec, 8 hours.  
From St. John, N.B., 21 hours.  
From Halifax, N.S., 1 day, 5 hours.
- To Toronto*—From Quebec, 15 hours.  
From St. John, N.B., 1 day, 4 hours.  
From Halifax, N.S., 1 day, 12 hours.
- To Fort William*—From Quebec, 1 day, 16 hours.  
From St. John, N.B., 2 days, 5 hours.  
From Halifax, N.S., 2 days, 13 hours.
- To Winnipeg*—From Quebec, 2 days, 4 hours.  
From St. John, N.B., 2 days, 17 hours.  
From Halifax, N.S., 3 days, 1 hour.
- To Regina*—From Quebec, 2 days, 15 hours.  
From St. John, N.B., 3 days, 4 hours.  
From Halifax, N.S., 3 days, 12 hours.
- To Saskatoon*—From Quebec, 2 days, 21 hours.  
From St. John, N.B., 3 days.  
From Halifax, N.S., 3 days, 18 hours.
- To Prince Albert*—From Quebec, 3 days, 2 hours.  
From St. John, N.B., 3 days, 15 hours.  
From Halifax, N.S., 3 days, 23 hours.
- To Edmonton*—From Quebec, 3 days, 7 hours.  
From St. John, N.B., 3 days, 20 hours.  
From Halifax, N.S., 4 days, 4 hours.
- To Calgary*—From Quebec, 3 days, 11 hours.  
From St. John, N.B., 4 days.  
From Halifax, N.S., 4 days, 8 hours.
- To Vancouver*—From Quebec, 4 days, 17 hours.  
From St. John, N.B., 5 days, 6 hours.  
From Halifax, N.S., 5 days, 14 hours.
- To Victoria*—From Quebec, 4 days, 21 hours.  
From St. John, N.B., 5 days, 10 hours.  
From Halifax, N.S., 5 days, 18 hours.

## POINTS WORTH REMEMBERING

Canada is British. In going to Canada you are going to a self-governing British Dominion. Make up your mind from the start that you will be a credit alike to your old and your new Home. You will not love the old Home less because you love the new Home as much.

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The Union Jack is the flag of Canada; the Maple Leaf and the Beaver are the emblems of Canada—the latter because of its intelligence and industry.

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Remember that every country has its own methods and that in Canada you will often find things different to what they were at Home. Try to adapt yourself quickly and cheerfully to the change.

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Because you find things different in Canada, do not jump to the conclusion that they are wrong. Always act on the assumption that experience has taught Canadians the ways best suited to their own country.

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The newcomer should remember that all street traffic keeps to the right, not to the left as at home. Street cars or trams are always boarded on the right hand side of the street.

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Never accept favours from strangers. Remember that the advice to travellers found on page 16 of this pamphlet is the result of many years of experience, and that it is a thousand times better to be safe than to be sorry.



## CANADIAN GOVERNMENT EMIGRATION AGENTS

Further information concerning the advantages which Canada has to offer to settlers may be had from representatives of the Canadian Government, Department of Immigration and Colonization, at any of the following addresses:

BANGOR, WALES—Canadian Govt. Emigration Agent, 310 High Street.

BELFAST, NORTHERN IRELAND—Canadian Govt. Emigration Agent, 17-19 Victoria Street.

BIRMINGHAM, ENGLAND—Canadian Govt. Emigration Agent, 139 Corporation Street.

BRISTOL, ENGLAND—Canadian Govt. Emigration Agent, 52 Baldwin Street.

DUBLIN, IRISH FREE STATE—Canadian Govt. Emigration Agent, 44 Dawson Street.

GLASGOW, SCOTLAND—Canadian Govt. Emigration Agent, 107 Hope Street.

INVERNESS, SCOTLAND—Canadian Govt. Emigration Agent, 33 Academy Street.

LIVERPOOL, ENGLAND—Canadian Govt. Emigration Agent, 48 Lord Street.

YORK, ENGLAND—Canadian Govt. Emigration Agent, Canada Chambers, Museum Street.

### OR FROM

*The Director of European Emigration for Canada,*  
Canadian Building,  
Trafalgar Square,  
London, S.W. 1,  
England.